MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY BOARD OF COMMISSIONERS

Healthy Bites

Information to Improve the Selection and use of Foods In Your Home

Fall 2009 - Vol. 1

ARE YOUR EYES BIGGER THAN YOUR STOMACH?

The portion of food you eat or drink may be larger than you think, especially when compared to the amount recommended for a whole day. Keeping tabs on how much you eat and balancing out bigger amounts over time with smaller amounts or more physical activity are just a few small steps you can take to help manage your portion sizes. Or, try these tips—the choice is yours!

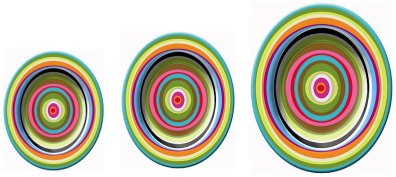
The smaller your plate the smaller your portion. Eat your meals at home on a smaller plate. Before going back for a second serving, wait 10 or 15 minutes. You might not want seconds after all.

Dish it out. When you order fast food, picture the food on a plate. Even better, take it home and put it on a plate. If you're surprised at how full the plate looks, order smaller sizes next time.

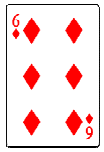
Portion out your snack on a plate rather than eating from the bag, to stay aware of how much you're eating.

Source: University of Nebraska Extension

PORTION SIZE TIPS



If you look at a collection of dinner plates over the last one hundred years, what you find is that they keep getting bigger, and bigger and bigger!!



Here are some tips to help you and your child with portion sizes.

- A 1/2 cup serving of canned fruit, vegetables, or potatoes looks like half a tennis ball sitting on your plate
- 3 ounces of meat, fish, or chicken is about the size of a deck of playing cards or the palm of your hand
- A 1 ounce serving of cheese is about the size of your thumb
- A 1 cup serving of milk, yogurt, or fresh greens is about the size of your fist
- 1 teaspoon of oil is about the size of your thumb tip

FAST AND NUTRITIOUS FOODS

Believe it or not, you can make healthy fast-food choices. Knowing exactly what you are ordering and planning ahead can make a big difference in your diet plans. Make the right choices, ask for what you need, and balance your meals out with healthy meals at home.

- Keep the basic principles of good nutrition in mind. Eat a variety of foods in moderate amounts, limit the amount of fat, sugar and salt in your food selections.

- If you're having fast-food for one meal, let your other meals have healthier foods, with more fruits, vegetables and whole grains.

- Watch out for words **like jumbo, giant, deluxe, biggie or super-sized**. Larger portions mean more calories. They also mean more fat, cholesterol and salt. Order a regular or junior-sized sandwich instead.

Choose grilled or broiled sandwiches with meats such as **lean roast beef, turkey or chicken breast** or **lean ham**. Add flavor with mustard, and crunch with lettuce, tomato and onion.

- Order bean burritos, soft tacos, fajitas and other non-fried items when eating Mexican fast foods. Limit refried beans or ask if they have beans that are not refried. Pile on extra lettuce, tomatoes and salsa. Watch out for deep-fried taco salad shells. A taco salad can have more than 1,000 calories!

- Pizza can be a good fast-food choice. Go for **thin crust pizza with vegetable toppings**. Limit yourself to 1-2 slices.

- Be alert for traps. Fat-free muffins for breakfast may have plenty of sugar. Chinese food may seem like a healthy choice, but many dishes are deep fried or high in fat and sodium, especially the sauce.

Source: University of Nebraska Extension

Nutrition Classes: Learn how to stretch your food dollars, shopping basics, label reading and more Qualified clients can sign up for free nutrition education classes with the Expanded Food Nutrition Education Program (EFNEP) offered through MSUE in Macomb County ***For more information call*** **586-469-6432.**

FREE AND REDUCED SCHOOL BREAKFAST

BREAKFAST: It's the most important meal of the day. Isn't that how most of us grew up?

Free and reduced School Breakfast programs are available in many schools throughout Michigan. Check with your school to find out how to sign up.

Children who eat breakfast perform better on standardized achievement tests and have fewer behavior problems in school

A study of children in Michigan schools discovered that students who usually ate school breakfast had improved math grades, reduced hyperactivity, decreased absence and tardy rates, and improved social behaviors compared with children who rarely ate school breakfast.

Source: Pediatrics, January, 1998

MyPyramid for Kids
Tips for Families: Exercise

1 **Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.

2 **Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at *www.presidentschallenge.org*.

3 **Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.

4 **Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.

5. **Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.

6 **Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.

Source:MyPyramid.gov

raising healthy kids

Food for 'ME TOO'

nutrition for the toddler and preschooler

Know Your Toddler

1 Growth Rate Slows
A child's weight triples during the first year of growth. During year 2 a child's weight will be quadruple their birth weight. Expect a 4½ to 6½ pound gain per year between the ages of 1 and 9 years.

2 Food Consumption Decreases
Toddlers' appetites decrease due to the slower growth rate and their desire to exert their independence. "Erratic and sporadic" best describes a toddler's appetite. Monitoring overall intake throughout the week is more important than what is eaten during individual meals or days.

3 Independence Increases
Toddlers explore anything and everything as they test their independence. By establishing limits, parents help toddlers learn to balance permissiveness and control.

4 Motor Skills Increase
Toddlers develop fine motor skills and will use any opportunity to display these skills. Parents and caregivers can help by providing a variety of foods, including finger foods, plus child-sized utensils so that children can practice their new skills.

Getting off to a good start

Food habits begin at an early age and have lifelong implications. Good nutrition is essential for physical and emotional growth. A poorly nourished child may be restless, irritable, or more withdrawn than a well-nourished child. Limited food choices may prevent a child from having the nutrients or energy needed to promote growth and development in mental, social, and physical activities.

Adults are role models

Children are most likely to learn healthy eating habits when parents, caregivers, and other influential adults eat a nutritious diet themselves. Adult role models are the single most important influence on what a child learns to eat. Toddlers especially, watch others closely and are great imitators. They develop good food habits if a variety of nutritious foods are offered in a pleasant, relaxed setting. Remember, actions always make a stronger impression than words.

Our children are at risk

- One in four of 2- to 5-year-olds is at risk of being overweight.
- Overweight children are 43.5 times more likely to have at least three cardiovascular risk factors.
- One in three American children born in 2000 will become diabetic unless food consumption is reduced and exercise is increased.

- Preschoolers' food consumption is increasing; between 1977 and 2004 their calorie consumption increased 300 calories per day.
- Preschoolers are getting too much sugar and juice and not enough fruits and vegetables. This means that 2- to 6-year-olds should consume no more than ¾ cup juice as part of their 1½ cup daily intake of fruit. Fruit juice should be 100% fruit juice, not drinks or punches.
- African-American and Mexican-American children are at greater risk of nutrition-related health problems.

Restrictive diets — including low fat and low carb — are inappropriate for the young child. Children need fat, carbohydrate, and adequate calories to support normal growth and development.

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Create a positive atmosphere

Family mealtime is more than nourishment. A pleasant mealtime atmosphere also encourages the development of children's self-esteem and independence, as well as their motor, social, and language skills. Children practice their motor skills as they spoon foods from serving dishes to their plates and as they pass food dishes to others. They observe and practice social and language skills through family conversation during the meal. Besides demonstrating good eating habits and proper table manners, other family members can use mealtime to share stories about their daily activities. A comfortable and relaxing atmosphere promotes physical and emotional growth for the whole family.

A toddler's eating schedule may not always follow an adult's schedule but including the toddler at the family meal encourages a life-long habit of meal sharing. On days when a child is tired or cranky, or too hungry to wait for mealtime, it may be best to feed the child early. Provide a separate meal or a small nutritious snack, such as a whole wheat cracker or piece of fruit, until the meal is ready. A short walk, game of tag, or swinging with the child while the meal is being prepared is an excellent way to pass the time and demonstrate being physically active.

Common Eating Patterns

These descriptions illustrate how a child's normal changes and growth patterns affect eating habits. These swings in behavior and growth rate can explain many of the difficulties parents experience during development of a child's eating patterns.

1 to 2 years

- Appetite drops as growth slows
- Learns to drink from cup, usually is weaned
- May cut back to about 2 cups of milk daily
- Learns to bring food to mouth with spoon
- Likes to feed self but will likely need some help
- Copies others and will eat many family foods
- Cutting teeth and may have difficulty chewing
- Has acute taste buds and can detect slight differences in foods
- Develops likes and dislikes; likes sweet foods
- Likes to touch and play with food; responds to food texture
- Learns to say "No" and becomes more independent

2 to 3 years

- Has much improved muscle control; can use spoon and fork easily
- Often desires and requests desserts and sweets
- Will wait a little for requests to be filled
- Usually will eat raw vegetables but may refuse salads
- Finds green vegetables more acceptable
- Can make simple either/or food choices: "Would you like a peach or pear?"

4 to 5 years

- May return to food jags or go on food "strikes"
- Influenced by others: other children, television ads, teachers, etc.
- Likes plain cooking and foods separated on the plate
- Dislikes most mixed food dishes and gravies
- By age 5, often has fewer demands and will accept food available
- Appetite is gradually increasing

QUICK AND EASY MEAL IDEAS

Pork Stew with Pumpkin: Use butternut or acorn squash when pumpkin is out of season.

Makes 6 servings (serving size: 2 cups stew, 3/4 cup noodles, and 1 tablespoon parsley)

Ingredients

1 tablespoon vegetable oil
1 1/2 pounds lean boneless pork, trimmed and cut into 1/2-inch pieces
1 cup finely chopped onion
1 cup finely chopped red bell pepper 3/4 cup finely chopped celery
2 teaspoons dried sage 1 teaspoon salt
1/2 teaspoon black pepper
1 (28-ounce) can diced tomatoes, undrained
1 (14.5-ounce) can fat-free chicken broth
4 cups (1/2-inch) cubed peeled fresh pumpkin
1 (10-ounce) package frozen whole-kernel corn
2 teaspoons grated orange rind
4 1/2 cups cooked egg noodles (about 3 cups uncooked)
6 tablespoons chopped fresh flat-leaf parsley

Preparation

Heat oil in a large Dutch oven over high heat. Add pork; cook 4 minutes or until browned, stirring occasionally. Add onion, bell pepper, and celery; cook for 2 minutes, stirring occasionally. Stir in sage, salt, black pepper, tomatoes, and broth; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Stir in pumpkin and corn; bring to a boil. Cover, reduce heat, and simmer 1 hour or until pumpkin is tender. Stir in grated rind. Serve over noodles; sprinkle with parsley.

Nutritional Information Calories: 463 (23% from fat) Fat: 11.8g Protein: 35.4g

Source: Cooking Light, 2001

Check the Label: Butternut Squash

Easily found in supermarkets today, this winter squash variety is fairly new to consumers; it wasn't introduced commercially until 1944. Butternut squash can be used as a ***substitute*** in any recipe that calls for pumpkin.

Selection: Choose squash that is heavy for its size.

Storage: Store in a cool, dark place for up to a month. Once cut, refrigerate unused portion.

Nutrition Benefits: Fat free, cholesterol free, sodium free, good source of fiber, potassium and magnesium, excellent source of vitamins A and C.

Nutrition Facts

Serving Size 1/2 cup cubes (120g)
Servings Per Container

Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	

Vitamin A 260% • Vitamin C 40%
Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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MSU EXTENSION PROGRAMS

For up-to-date info: www.macombcountymi.gov/msuextension/events

FAMILY (586) 469-5180

Jean Lakin, Family Resource Mgt Agent

Taking Charge of Credit

FREE workshop
Wednesday
6:30 pm - 8:30 pm
Nov. 4, 11, 18 and Dec. 2, 2009
St. Clair Shores Adult Ed. Center
23055 Masonic (bet. Harper & Jefferson)
Call 586-285-8880 to register

Living with Less

FREE workshop
Tuesday, October 20, 2009
7:00 pm—9:00 pm
To be held at
Warren Civic Library
1 City Square, Warren
Call 586-469-7614 to register.

Anger Management

November 3, 10, 17 & 24, 2009
6:30 p.m.—8:30 p.m.
MSU Extension
VerKuilen Bldg, 21885 Dunham Road,
Door "E"
Clinton Township, MI 48036
Pre-registration is required. For more information or to register for this **FREE** series, **call 586-469-7614**

HOUSING (586) 469-6430

Anne Lilla, Housing Program Coordinator

Macomb Homebuyers Affordable Housing Seminar

- Renting vs. Buying
- Government & Bank Loan Programs
- Down Payment Assistance
- Saving Money & Cleaning Up Credit

Thursday, November 12, 2009
6:30 pm—8:30 pm
to be held at **Leaps & Bounds, Warren**
Call 586-469-6430 to register now!

Facing Foreclosure

✓ Choices to make
✓ Timelines that matter
✓ Resources to help

Thursday, September 24, 2009
6:00 pm—8:30 pm at Warren City Hall
Monday, October 19, 2009
6:00 pm—8:30 pm at Chesterfield Library
Call (586) 469-6430 to register

Home Ownership Seminar

Saturday, October 10, 2009
9 am—12 pm AND 1:00 pm—4:00 pm
At Sterling Heights Police Dept.
Wednesday, October 14, 21 & 28, 2009
6:30 pm—8:30 pm
At Warren City Hall & Community Center
Call 586-469-6430 to register!

NUTRITION (586) 469-6432

Eileen Haraminac, EFNEP Agent

Expanded Food & Nutrition Program

for low-income families with children – 6 sessions

✓ One-On-One Teaching
✓ Menu Planning
✓ Group Presentation
✓ Stretch Your Food Dollars
✓ Label Reading

Parenting Views
Healthy Bites
Free Newsletters

Check our website:
www.msue.msu.edu/macomb for
Calendar of upcoming events
Program descriptions

Volunteer Opportunities
Youth Mentor Program

★ Positive role modeling to at-risk youth 11 – 15
★ 4H Activities for families with children 5–19

Call 586-469--6431
for more information

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macombcountymi.gov/msuextension

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- Program descriptions
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- Past Healthy Bites issues

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